

MLR30011 : Clinical Applications of Meditation and Mindfulness, Part 1

This three-part course will provide students with a foundation in clinical applications of mindfulness for different disorders with research proven methods. The course will expose students to different meditation techniques, assessment of mindfulness, and use of technology in mindfulness. Students will develop an understanding of measures used to assess effectiveness of mindfulness and understand different technological developments and applications available to practice mindfulness.

Credits 0.5